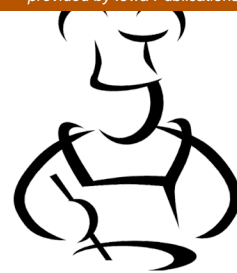




# Chef Charles Says...



May

## Pick a Better... Veggie for You

### Make Veggies Easy

- ◆ Stock up on frozen vegetables for quick microwave preparation.
- ◆ Plan some meals around a cup of vegetable soup and a salad.
- ◆ Keep a bowl of cut-up vegetables for a quick snack.
- ◆ Choose a different vegetable-based salad instead of a lettuce salad or a burger. For example, try a salad made mostly of carrots, broccoli, beans, and lentils. Go light on the salad dressing.



### Make Veggies Tasty

- ◆ Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor. Freeze or dehydrate them for later use.
- ◆ Grill vegetable kabobs including tomatoes, mushrooms, green peppers, and onions. Or sauté the same vegetables on top of the stove with a little oil.
- ◆ Toss cans of kidney beans, wax beans, green beans and chickpeas with a low-calorie vinaigrette for a fast bean salad.

### Make Veggies Healthy

- ◆ Sauté veggies with a splash of olive oil instead of deep frying.
- ◆ Add fresh or dried herbs to flavor vegetables instead of butter and salt. For example, tomatoes go well with basil and oregano. Try rosemary on carrots.
- ◆ Broil sliced vegetables such as zucchini, bell peppers, eggplant, and tomatoes until they blacken around the edges. Serve warm with a low-calorie dressing of lemon juice and black pepper.

## Get The News

### Eat Your Fruits and Veggies for Your Heart's Sake

There is strong evidence that a diet rich in fruits and vegetables can lower the risk of heart disease and stroke. A study with more than 110,000 men and women followed for 14 years showed that the higher the average daily intake of fruits and vegetables, the lower the chances of developing cardiovascular disease. Those who averaged eight or more servings a day were 30 percent less likely to have had a heart attack or stroke than those eating less than one and a half servings daily. Although all fruits and vegetables likely contribute to this benefit, green leafy vegetables, cruciferous vegetables and citrus make important contributions.

Other studies also found the protective effects of eating more fruits and vegetables. Eating five servings of fruits and vegetables daily lowered the risk of coronary heart disease and stroke.

Source: J Natl Cancer Inst. 2004; 96:1577–84 & J Hum Hypertens. 2007; 21:717–28.

### Beneficial Fruits and Vegetables

Green Leafy Vegetables	Cruciferous Vegetables	Citrus Fruits (including their juices)
Dark green lettuce	Broccoli	Oranges
Spinach	Cauliflower	Lemons
Swiss chard	Cabbage	Limes
Mustard greens	Brussels sprouts	Grapefruit
	Kale	



Developed by:  
Iowa Department of Public Health, [www.idph.state.ia.us/nutritionnetwork](http://www.idph.state.ia.us/nutritionnetwork)  
Iowa State University Extension, [www.extension.iastate.edu](http://www.extension.iastate.edu)  
Iowa Department on Aging, [www.state.ia.us/elderaffairs](http://www.state.ia.us/elderaffairs)

Information & resources for seniors with home & family questions - ISU AnswerLine 1-800-262-3804

# Be Active

## Stay Active, Ease Your Pain

If you are living with chronic pain from an injury or a health condition, you may have heard that exercise will aggravate your pain. But the truth is, not exercising can contribute to ongoing chronic pain. In fact, regular exercise can be an important part of your pain management program. Here are the facts on chronic pain and exercise.

Exercise strengthens your muscles and improves your flexibility, which can help decrease pain. Exercise also boosts energy levels and mood, making chronic pain easier to manage.

Before you start an exercise program, talk to your health professional about the types of activities you will be able to do.

### Ask these questions:

- ◆ How strenuous should my exercises be?
- ◆ How long should I exercise?
- ◆ What kinds of exercise are best for me?
- ◆ How often should I be exercising?
- ◆ What kind of warm-up and cool-down should I do?

### Motivate yourself to exercise with these tips:

- ◆ Think about the benefits. Remember how good exercise is for your body. In fact, exercise can prompt your body to release endorphins, your body's natural pain relievers.
- ◆ Exercise with a friend. Pair up with someone who is also working toward pain relief.
- ◆ Choose activities you enjoy. You are more likely to stick with a program if you are having fun.

## Resource

Want to learn more about eating fruits and vegetables? Try this Web site: [www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

In addition to recipes the site has tips on selecting, storing and recommended serving size of fruit and veggies. This is a great resource for the vegetables and fruits you will be seeing at local farmer markets.

# Chef Charles Asks the Questions Meet Gail Smith

Meet Gail Smith, a veteran Chef Charles instructor teaching at 19 congregate meal sites in nine counties. Gail feels privileged to work with her older adults and makes sure each Chef Charles meeting is fun and interactive while teaching about nutrition, food safety, and exercise. For Gail the bottom line is 'quality of life' for all her programming.

Gail takes her job to heart. As an instructor, Gail evaluates her own life style as she teaches the lessons each month and personally focuses on exercise and good nutrition. She likes to serve the recipes in her home where her husband enjoys the results. Gail and her husband pay close attention to handling food safely. As a truck driver her husband hears many stories about safe food, but he stays safe by using information Gail shares from the Chef Charles program.

When Gail taught about the need to rinse fruits like a banana or watermelon before eating, she was pleased to hear the next month that the participants were indeed listening. She overheard a man sharing that he now



rinses his banana before he peels it and eats it! This may seem like one small step to some but to Gail and her participants these are big steps to rethinking a life time of routine.

Gail feels like she has a very big family now through the Chef Charles Club. And that is a good thing.



To consume more vitamin C, think beyond the orange. Americans get more vitamin C from oranges and orange juice, than from any other food. But the following contain even more C than an orange: one cup of strawberries; one bell pepper (red and yellow have the most), one kiwifruit, one cup of broccoli or Brussels sprouts, or half a papaya. Each supplies at least the daily recommended dietary allowance for vitamin C.

# Food Safety

**QUESTION:** How do you wash a bunch of grapes? We are told to wash uncooked fruit, but most people do just a quick rinse. Is there anything wrong with adding a little soap to the wash for fresh produce?

**ANSWER:** The recommendation is to wash fruits and vegetables only in water because detergent and soap are not designed for human consumption. Some fruit surfaces can absorb soap residues that are not removed by rinsing.

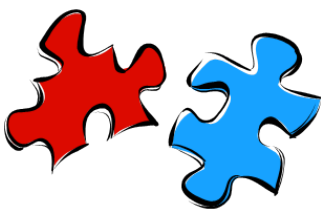
Smooth skinned fruits like grapes should be rinsed under running water and fruits and vegetables with rough skins should be washed using a vegetable brush. Specifically designed vegetable/fruit washes are available but current research indicates that washing with water is just as effective for removing dirt as these products.

If you must add something to the water to increase surfactant properties (that's what soap does in water) then use vinegar because it is safe for human consumption. Use 1 part vinegar to 3 parts water to wash the fruit and then rinse under clean water.



ARYSWWYPINEAPPLEES  
YVOMTREWOLFILUACCE  
SPEDPUWXJVIDTZCBUR  
PRBSTFOZEVOULWRIR  
XEMUSTARDDKEENSOTR  
SNDIDKTARNAPISGCEE  
TSRBCSYIISUBNCWCLB  
REEVEAWPUOSEBACOE  
AGPIPLBILRELTALNS  
WNCARRLASRFEICIA  
BAPBERTRGSRIYSJLAR  
ERDEMNEDEMCRWZSIMP  
RONKAURBERFHNIKUOT  
RSHCEAPLNYRWAKKHRV  
RUBLEOGRAPEFFRUITB  
EXWLWNUDVCRARZDCGX  
SECTAMOTMMRCADONNA  
FCSUGARAPSAKALEACE

## Answers



Exercise strengthens your  
muscles and improves your  
flexibility, which can help  
decrease pain due to chronic  
conditions.

## Asparagus Bites

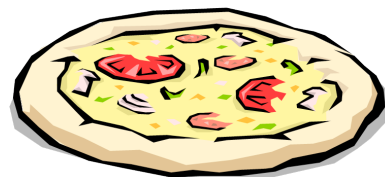
Top whole grain wheat crackers with chopped asparagus (steamed or raw). Top each cracker with one teaspoon shredded mozzarella cheese. Heat in microwave just until cheese melts.

Asparagus is 'in season' in May for Iowa.

Pick a **better** snack™



## Very Veggie Individual Pizza



- 1 whole wheat English muffin
- 1 tablespoon low-fat garlic/herb cream cheese
- ¼ cup broccoli florets
- 1 tablespoon carrots, shredded
- ¼ cup tomatoes, diced

Toast the English muffin. Spread the cream cheese, and then add the chopped veggies. Very simple and you can change the veggies depending on your personal likes. Recipe developed by Produce for Better Health Foundation and Shoney's, Inc.

Calories 18, Total Fat 4g, Saturated Fat 2g, Cholesterol 8mg, Protein 8g, Carbohydrates 31g, Dietary fiber 4 g, Sodium 280mg, Potassium 376mg, Folate 54mcg

# Vitamin C Challenge

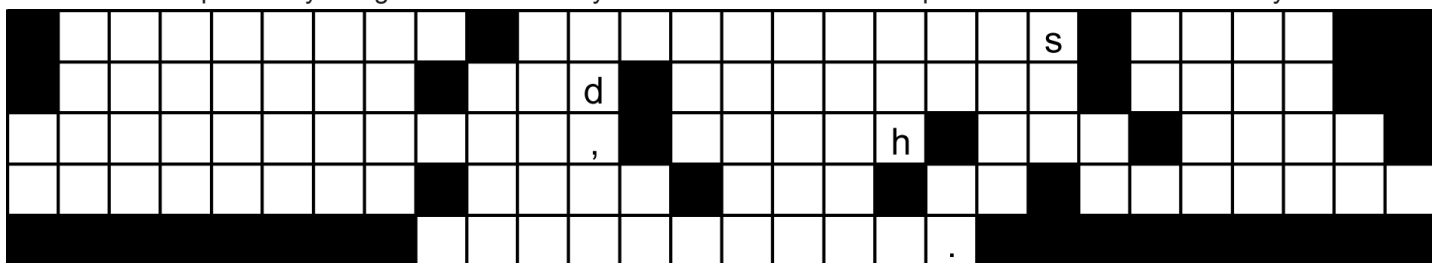
Find the hidden words within the grid of letters.

A R Y S W W Y P I N E A P P L E E S  
Y V O M T R E W O L F I L U A C C E  
S P E D P U W X J V I D T Z C B U I  
R R B S T F O Z E O V U O L W R T R  
X E M U S T A R D G R E E N S O T R  
S N D I D K T A P N A P I S G C E E  
T S R B C S Y I I S U B N C W C L B  
R E E V E A W P U O S E B A C O E P  
A G P I P L G I L R E L T A A L N S  
W N C A R R L A S R F E E I C I I A  
B A P B E R T P G S R I Y S J L A R  
E R D E M N E D E M C R W Z S I M P  
R O N K A U R B E P F H H I K U O T  
R S H C E A P L N Y P W A K K H R V  
I R U B L E O G R A P E F R U I T B  
E X W L W N U D V C R A R Z D C G X  
S E O T A M O T M M R C A D O N N A  
F C S U G A R A P S A K A L E A C E

Asparagus  
Broccoli  
Brussels sprouts  
Cabbage  
Cantaloupe  
Cauliflower  
Collard greens  
Cranberries  
Grapefruit  
Kale  
Kiwi Fruit  
Mustard greens  
Oranges  
Papaya  
Pineapple  
Raspberries  
Red bell pepper  
Romaine lettuce  
Strawberries  
Swiss chard  
Tomatoes  
Turnip Greens  
Watermelon

## Gain Less Pain

Find the hidden phrase by using the letters directly below each of the blank squares. Each letter is used only once.



n i i r  
m c s e c i l o y i h p n o o u l  
E u r i a s s i p s d i t m g c h v n y h o r  
f e e x c b e e e a n t r e d o t s e c s c y o e n p  
d l x e r l i s c t a i n w n u e o t e a n h r u r i c



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